

Abstract of the Disclosure

A chair and standing device includes a mechanism for allowing movement in an individual's hips and lower back while seated in a chair or standing in one's workstation, by letting the pelvis glide unabated through an apparatus made up of a series of balls, round springs or magnets built into a two pad chair seat cushion. Two pads under the respective ilia of the person preferably move in a forward & rearward glide, pitch, roll, yaw and opposing medial glide enhanced by a 1/4" to 3/8" raised platform in the center of the apparatus. The chair allows the pelvis to move in a gliding motion that mimics walking while the person is seated or standing, thus reducing the structurally caused lower back pain and stiffness so commonly associated with long periods of standing or sitting.